



# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: [coa@bedfordma.gov](mailto:coa@bedfordma.gov)

Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Wittner

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis

## Senior Sports Club

### Morning Doubles Recreational Tennis

Whether you have a partner or not, you'll have fun and meet new people who share your love of tennis! Tennis courts are both indoor and outdoor. Court times, starting June 25, are Tuesdays and Thursdays 6:30-9:30 am, one hour slots. Sign up at the COA or by calling (781) 275-6825. The cost is \$72.00 per player for 9 weeks of tennis (payable to Atlantis Sports Club).

### Aqua Fitness Classes - Choose from 3 levels:

#### Aqua Zumba

Dates: June 26<sup>th</sup> – August 28<sup>th</sup>

Days: Wednesdays

Time: 9:30am – 10:30am

Cost: \$72.00

#### Beginner Water Aerobics

Dates: June 25<sup>th</sup> – August 27<sup>th</sup>

Days: Tuesdays

Time: 9:00am – 10:00am

Cost: \$72.00

#### Intermediate Water Aerobics

Dates: June 27<sup>th</sup> – August 29<sup>th</sup>

Days: Thursdays

Time: 9:00am – 10:00am

Cost: \$72.00

## Afghanistan - Pride of its People Tuesday June 11th, 5:30-7:30 PM

The Council on Aging invites you to sample some traditional Afghan food and view a special 60-minute photo-video presentation on Afghanistan and its people, as seen through the eyes of an American woman who lived in the country from 1968 to 1972. Local TV producer/filmmaker and Realtor Mary Lou Bigelow lived in Kabul while based there as part of the Pan American Technical Assistance Program with Ariana Afghan Airlines. In September 2002, she returned to the country to attend a reconstruction conference where Afghan engineers, architects and planners gathered from around the world to offer their expertise. Bigelow returned once more for filming in March 2004. Registration is required by calling the COA at (781) 275-6825.

## Boston Marathon Bombing: How Bedford Helped

On Thursday June 20 at 10:30 AM please join Police Chief Robert Bongiorno, Sgt. Pat Towle, Sgt. Jeff Wardwell, Officer Tom Devine, and ECO Jeff Vinciulla, Bedford's members of NEMLEC (North Eastern Massachusetts Law Enforcement Council) at the COA for an engaging presentation. Hear first-hand accounts of how Bedford was involved in the recent Marathon Bombing and following events.



### New! Emergency Contact File

We have had numerous requests to give people the option of leaving emergency contact information on file at the COA in case an emergency occurs. Our first call in case of a medical emergency will always be 911; however, if you would like us to notify a friend or family member, please stop by the COA and fill out the brief form which we will keep on file. This is a voluntary service and all information will be kept confidential.

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## Trips! Trips! Trips!

Our Trips Coordinator, Lenore Dichard will escort you on the following adventures:

### Reminder: Charles River Cruise and Cheesecake!

On Tuesday June 4, enjoy a 60-minute cruise along the Charles River. Your Captain and Crew will entertain and educate, pointing out the historic and cultural sights of Boston and Cambridge. Following the cruise, you will dine at the Cheesecake Factory where you will choose from a wide variety of menu items. The bus will depart from Bedford at 8:45 AM and will return at about 2:45 PM.

### New England Lobster Getaway!

You won't want to miss this amazing 2-day trip! On Thursday July 18 your deluxe coach bus will depart from Bedford to your accommodations in Mystic, CT. During your trip you will enjoy a visit to Foxwoods Casino (includes lunch buffet and bonus), a wine and cheese party, a lobster dinner, luncheon cruise on Newport Harbor, free time in Newport, and breakfast at your hotel. The cost of this incredible getaway is \$265.00 per person payable to Tours of Distinction. Detailed flyers are available at the Council on Aging or call (781) 275-6825 to register.



All Bedford COA day trips will depart from the Town Hall parking lot in front of the police station unless otherwise noted.

## And Don't Forget These Ongoing Activities...

### Have Some Fun!

**Bingo!** Join us Monday June 10 at 10AM for a chance to win token gifts. All are welcome!

**New! Dominos!** Join us on June 24 at 10AM whether you are a seasoned player or haven't played since you were a kid!

**Sing with the Songbirds!** Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group!

**Frank's Breakfast!** Frank will be taking a break for the summer. Join us again in the fall for breakfast!

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

**Play Texas Hold 'Em Poker!** Stop by Monday afternoons at 1 PM for poker!

**Handcraft Group** Come down each Monday at 3 PM to do your own handcraft projects and chat! New members always welcome!

**Play Mah Jongg!** Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

**Play Duplicate Bridge!** Every Tuesday at 11 AM and Thursdays June 13 and 27.

### Fitness and Fun For You!

**Line Dancing with Katrina** Come line dance each Friday at 1 PM. The class costs \$2.

**The Walking Club** will walk at the COA Mondays, Wednesdays, and Fridays at 9 AM.

### Get Information and Advice

**Talk to Your State Representative** Check with the COA to find out when Ken Gordon will be here in June to talk with you about state issues.

**Need Legal Information?** Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

**Federal Retiree Benefits** If you or your spouse is a federal retiree, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

**Divorce Support Group** This group is for those who are recently divorced or separated and meets each Tuesday at 7:30 PM. Please let us know if you plan to attend.

### Share Your Interests

**Current Events** Come each Thursday at 1 PM to talk about national, international, and local issues, or anything else.

**The Genealogy Group** meets to share information about exploring their family trees. Join them on Wednesday June 12 at 10:00 AM.

**The Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are welcome.

**Bedford-Lexington Great Books** takes their summer break! Stay tuned for this fall's selections.

## Minuteman Senior Services Bedford Café!

### Sign Up at the Bedford Cafe!

A delicious meal, catered by Carleton-Willard, is served at 11:45 on Mondays, Wednesdays, and Fridays. Please call for reservations even if you have established a regular schedule. To sign up, call 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

### Volunteers Needed!

We are seeking volunteers to help serve lunch on Mondays, Wednesdays, and Fridays. Meals on Wheels drivers are also needed. For more information on helping at the Bedford Café, please call Judy Atherton at 781-275-8542. To volunteer as a driver, please call 781-221-7023.

## ✿ JUST FOR FUN ✿

### Summer Cookie Decorating

Lisa Crean is back by popular demand for some cookie decorating fun! Join us on Monday June 24 at 12:30 PM to create your own summer themed cookies! There is no fee for this program but space is limited to 10 people so please sign up by Monday June 17 by calling the COA at (781) 275-6825.



### Ice Cream Social

Pine Knoll Nursing Center in Lexington will be sponsoring an ice cream social on Monday June 10 at 12:30 PM. Please sign up in advance at the COA or by calling (781) 275-6825.



### Senior Olympics Pool Tournament

Bedford has been chosen to host the Senior Olympics Pool Tournament once again! All are welcome to watch and you may even compete if you wish! The tournament will be held here on Friday June 28 from 9 AM to 4 PM and continues on Saturday June 29 from 8 AM 'til a winner is announced. Refreshments will be served and a good time will be had by all. If you wish to compete, please sign up at the COA by June 15. The cost to compete is \$10 and there is no cost for spectators.

### Shake, Rattle and Roll!

C'mon everybody we're gonna have some fun! Re-live the days when the records played and Elvis was number one! Join us for a rockin' good time on Saturday June 15 at 12:30 PM! Root Beer Floats and other 50's favorites will be served! The cost of this shindig is \$3. Please sign up by calling the COA at (781) 275-6825.

### Classic Movie: *The Great Gatsby* (1974)

Thursday June 27 11:00 AM

### Saturday Movies! Thanks to the FBCOA for our funding! All movies begin at 1:15 PM

**June 1** *People Like Us* (2012) PG-13 Chris Pine, Elizabeth Banks When Sam flies home for his estranged father's funeral, the reading of the will reveals a sister he never knew he had -- and an order that Sam must bring his alcoholic sibling and her young son their inheritance.

**June 8** *The Guilt Trip* (2012) PG-13 Barbra Streisand, Seth Rogen After Andy Brewster invents a fabulous new organic cleaner, he goes on a cross-country road trip to promote it. His mother, Joyce, comes along for the ride but soon discovers that her son has an ulterior motive: fixing her up with a long-lost flame.

**June 15** *Safe Haven* (2013) PG-13 Josh Duhamel, Julianne Hough This adaptation of the novel by Nicholas Sparks centers on a mysterious woman who arrives in a small North Carolina town and begins a new life but remains haunted by the terrifying secret that prompted her to travel across the country.

**June 22** *Robot & Frank* (2012) PG-13 Frank Langella, James Marsden, Liv Tyler Set in the near future, Frank is given a walking, talking humanoid robot programmed to improve his physical and mental health. What follows is an often hilarious and heartwarming story about finding friends and family in the most unexpected places.

**June 29** *The Impossible* (2012) PG-13 Naomi Watts, Ewan McGregor Tracking one family's harrowing experiences, this gripping drama depicts the chaos generated by the massive 2004 tsunami in Southeast Asia. On December 26, Maria, Henry and their sons are vacationing in Thailand when unthinkable disaster strikes.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

9:00 Walking Club/Exercise 9:30 Yoga/Meditation 10:00 Pilates 11:45 Lunch 1:00 Poker 3:00 Handcrafts	<b>3</b>	<b>Charles River Cruise</b> 9:00 Fix It Shop 9:30 Exercise <b>10:00 AARP</b> 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing Group	<b>4</b> 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club/Exercise/ 10:00 Computer Club 10:30 Songbirds/Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE	<b>5</b>
9:00 Walking Club/Exercise 9:30 Yoga/Meditation 10:00 Pilates/ <b>BINGO</b> 11:45 Lunch <b>12:30 Ice Cream</b> 1:00 Poker 3:00 Handcrafts <b>6:30 East Meets West Travelogue</b>	<b>10</b>	9:00 Fix it Shop 9:30 Exercise <b>10:30 Hearing</b> 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness <b>1:00 FBCOA</b> <b>1:30 Strawberry Shortcake</b>	2:00 Computer <b>11</b> Drop-In 4:00 Zumba Gold 6:00 Coffee Hour <b>5:30 Afghanistan</b> 7:30 Single Again	9:00 Walking Club/Exercise/ Fix it Shop 10:00 Genealogy 10:30 Songbirds/Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise <b>1:00 Recycling</b>	<b>12</b>
9:00 Walking Club/Exercise/ <b>Senior Elite Breakfast</b> 9:30 Yoga/Meditation 10:00 Pilates <b>11:00 Blood Pressure Talk</b> 11:45 Lunch 1:00 Poker 3:00 Handcrafts	<b>17</b>	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing	2:00 Computer <b>18</b> Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club/Exercise/ Fix it Shop 10:30 Songbirds/Massage/ <b>Depression</b> 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE	<b>19</b>
9:00 Walking Club/Exercise 9:30 Yoga/Meditation 10:00 Pilates/ <b>Dominos</b> 11:45 Lunch <b>12:30 Cookies</b> 1:00 Poker 3:00 Handcrafts	<b>24</b>	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge 12:30 Osteofitness <b>1:00 Book Discussion</b>	2:00 Computer <b>25</b> Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club/Exercise Fix it Shop 10:30 Songbirds/Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	<b>26</b>



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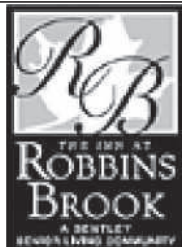
# THURSDAY

# FRIDAY

# SATURDAY

		1:00 Bridge, cards, pool 1:15 Movie: People Like Us	<b>1</b>
10:00 Exercise <b>11:00 Scams &amp; Fraud</b> 1:00 Current Ev/Tai Chi/ESL 2:00 Computer Drop-In	<b>6</b>	<b>Senior Sports Club Open House</b> 9:00 Walking Club/Exercise 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	<b>7</b>
10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Ev/Tai Chi/ESL 2:00 Computer Drop-In	<b>13</b>	9:00 Walking Club/Exercise 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ <b>Nurse's Hours</b>	<b>14</b>
10:00 Exercise/ <b>Hearing</b> <b>10:30 Bedford Police</b> 1:00 Current Ev/Tai Chi/ESL 2:00 Computer Drop-In	<b>20</b>	9:00 Walking Club/Exercise 10:30 Meditation/ <b>Smartphones</b> 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	<b>21</b>
10:00 Exercise 11:00 Classic Movie 1:00 Current Ev/Tai Chi/ESL 2:00 Computer Drop-In	<b>27</b>	<b>Senior Olympics Pool Tourn.</b> 9:00 Walking Club/Exercise 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	<b>28</b>
		1:00 Bridge, cards, pool 1:15 Movie: The Impossible	<b>29</b>
		1:00 Bridge, cards, pool 1:15 Movie: The Guilt Trip	<b>8</b>
		1:00 Bridge, cards, pool 1:15 Movie: Safe Haven	<b>15</b>
		1:00 Bridge, cards, pool 1:15 Movie: Robot & Frank	<b>22</b>

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## Friends of the Bedford Council on Aging Notes



### The FBCOA Turns 25!

Come celebrate the 25th Anniversary of the FBCOA on Tuesday June 11 following the monthly meeting. Strawberry Shortcake will be served! Please sign up in advance by calling the COA at (781) 275-6825.

### FIX IT SHOP NEWS

The Fix-It-Shop will close for the summer on Wednesday June 12. It will re-open in mid-September. The last day to drop off items is June 5. Watch battery replacement will continue in the summer through the COA front desk drop-off.

**If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia [bsrpurchia@aol.com](mailto:bsrpurchia@aol.com) with FBCOA in the subject line.**

**Monthly Meeting  
Tuesday June 11 1:00 pm  
Flint Room**

### FBCOA Annual Membership Dues July 2013—June 2014

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FAMILY	\$7.00	_____
CONTRIBUTION		_____
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